

CONSUMER HIGHLIGHTS

JANUARY 2001

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TIPS FOR LONG-DISTANCE GRANDPARENTING

• Take the initiative in making yourself available to your grandchildren. The older generation usually has greater financial stability and more time, so don't wait for your adult kids to visit you just because you have seniority. And don't assume that what's desirable or convenient for you will be for them.

• If your grandchildren are very young, keep your image alive between visits by sending them videotapes of your everyday activities. A New York woman says her 2-year-old granddaughter in Los Angeles asks to see the "Grammy Show"—a video of her grandmother playing with puppets—every night before bed.

Audiotapes by a grandparent reading a bedtime story are an even easier—and cheaper—way to connect with small children.

- Budget regularly for long-distance calls and trips to see grandchildren—or to have your grandchildren visit you.
- Offer to baby-sit your grandchildren so that your adult children can get away for a weekend or a short vacation.
- Keep a record of special events in your grandchildren's lives—birthdays, school activities, sports and anything that's important to them. Consider visiting not just on holidays—which are often too busy for one-on-one time but on other occasions of importance to the children.
- Stay in regular touch with older grandchildren via e-mail and, preferably, phone. Let them know that they can always call you—and reverse the charges—if they want to talk.

AARP – July/August 2000

AN HOUR A DAY OF EXERCISE

According to a recent study, people who lose weight – and keep it off – typically devote an *hour* a day to exercise.

This is significantly more time than the federal guideline that recommends "accumulating 30 minutes of moderate exercise, most days of the week."

Researchers at the University of Pittsburgh School of Medicine and the University of Colorado Health Sciences Center, Denver, have compiled data on almost 3,000 Americans who have lost weight and maintained their weight loss.

FINDINGS

- **People who have lost weight — and kept it off** —burn an average of 2,800 calories a week (400 calories a day) with exercise.
- **Of these 2,800 calories, about 1,000 are burned off by exercise walking.** (One mile of brisk walking burns about 100 calories.)

The other 1,800 calories are burned off with a combination of activities, including aerobic dance, strength training, and cycling.

- **People who had lost weight and kept it off gradually increased the amount of time** they devoted to exercise until exercise became an important part of their lives.
- **In a separate study of 140 exercisers**, mostly walkers, people who maintained their weight-loss got about 280 minutes of exercise a week (56 minutes, five days a week).
- **Some people exercised** in 10-minute increments; others did it all at once.

Hope Health Letter - April 2000

THE NOSE KNOWS—AND NOW DOCTORS DO, TOO

Runny nose, blasting headache, nonstop congestion—those are the symptoms of chronic sinus infection, an ailment that affects some 37 million Americans.

Long thought to be an allergic reaction, sinusitis may in fact be something else. "Our studies indicate that, in fact, fungus is likely the cause of nearly all of these problems. And it is not an allergic response, but an immune reaction," reports Jens Ponikau, M.D., Eugene Kern, M.D., and David Sherris, M.D., in the Mayo Clinic Proceedings.

Using new techniques, they found fungi in 96 percent of the people with chronic rhinosinusitis they tested.

"Medications haven't worked for chronic sinusitis because we didn't know what the cause of the problem was," Sherris told the press.

He told a September rhinology conference in Washington that 75 percent of the patients who used an experimental antifungal drug spray found relief from their symptoms.

One point: Sinus problems lasting less than a month may be caused by bacteria and thus require different treatment, such as antibiotics.

DRUG-AND-GRAPEFRUIT GRIEF

Grapefruit juice and certain prescription drugs may not be a winning combination. In a review of findings on interactions between the two, scientists at the Mayo Clinic in Rochester, Minn., report that grapefruit juice—unlike orange and other citric juices—may

boost blood concentrations of some drugs beyond prescribed dosage levels.

The interactions between grapefruit juice and drugs has been known for at least a decade. But the Mayo Clinic's Garvan Kane, M.D., and James Lipsky, M.D., say that with calcium-fortified citric juices now on the market, the consumption of grapefruit juice is likely to increase, particularly among midlife and older Americans, who take the most medications.

Grapefruit juice has the potential to act adversely with felodipine and other calcium channel blockers; cholesterol-lowering "statin" drugs; the immunosuppressants cyclosporine and tacrolimus; methadone; antihistamines; certain psychiatric medications; and cisapride, a gastrointestinal medication.

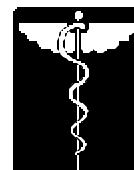
But more research is needed to resolve several issues. What, for example, is the link between the quantity of juice consumed and drug interactions? Why does the "grapefruit effect" vary from person to person?

The Mayo team reported that grapefruit juice does not affect medications taken intravenously.

AARP – November 2000

HELP FOR CAREGIVERS

These organizations can offer emotional support and resource information for caregivers of ill and/or elderly people.



Alzheimer's Disease Education & Referral Center

P.O. Box 8250
Silver Spring, MD 20907-8250
Phone: (800) 438-4380
www.alzheimers.org

Children of Aging Parents

1609 Woodbourne Road, Suite 302A
Levittown, PA 19057
Phone: (800) 227-7294
Fax: (215) 945-8720
www.careguide.net

Eldercare Locator Service

(800) 677-1116
www.aoa.dhhs.gov/elderpage/locator.html

Family Caregiver Alliance

690 Market Street, Suite 600
San Francisco, CA 94104
Phone: (415) 434-3388
Fax: (415) 434-3508
www.caregiver.org

National Family Caregivers Association

10400 Connecticut Avenue,
Suite 500
Kensington, MD 20895-3944
Phone: (800) 896-3650
Fax: (301) 942-2302
www.nfcacares.org

Well Spouse Foundation –

A resource for people with chronically ill spouses.
30 East 40th Street PH
New York, NY 10016
Phone: (800) 838-0879
Fax: (212) 685-8676
www.wellspouse.org

Hope Health Letter
August 2000

6 STEPS TO A PAPER-FREE DESK

1. Find a time when you're relatively rested and unrushed, and separate all the papers on your desk into four stacks:

- "Do Right Now"
- "Important"
- "Interesting"
- "Recycle"

2. Pass through the first three stacks a second time and rank-order each item. Down-grade as many items as possible into the "Interesting" or "Recycle" stacks.

3. Take care of the "Do Right Now" stack when you're most focused (first thing in the morning, immediately after your morning break, etc.).

4. Tackle the "Important" stack when you need a change of pace during the day.

5. Tackle the "Interesting" stack whenever you need a few minutes to regroup or rest.

Don't worry if this stack gets really high. Look through it every few weeks, and you'll find that some of it can be recycled.

6. Once you've set up this system, make it a habit: The moment your daily mail is delivered, separate it into the four stacks.



LONGEVITY

Grandpa's 85th birthday party was such a big event that a reporter from the local paper even attended.

"Grandpa," the reporter asked, "your wife told me you've never been sick a day in your life and that you've never been to a doctor. Is this true?"

"Well, not entirely," Grandpa said with a twinkle in his eyes.

"The reason I've never been sick is that I have the two best doctors in the world — Dr. Walking and Dr. Laughter."

Hope Health Letter
September 2000

GARDENER'S CORNER

January is normally our coldest month along the northern Gulf Coast. Cold is, of course, a relative term when compared to weather conditions recently being experienced in the upper Mid-West.

Fortunately, there is something to do in the landscape and garden during every month of the year in our area. In fact, some cultural practices are best done now, rather than waiting until spring.

January Tips:

? Apply a spray containing horticultural oil emulsion to fruit trees, especially peaches, plums and nectarines.

? Transplant trees and shrubs.

? Last call for transplanting some cool season annuals such as pansies, snapdragons and dianthus. Locate plants and get ready for the February transplanting of dianthus, baby's

breath, calendula, marguerite daisy and statice.

? Continue with the winter vegetable garden. Plant seeds of beets, leek, kohlrabi, parsley, English peas, radish, mustard and turnips. Establish transplants of broccoli, cabbage, cauliflower, Chinese cabbage, and kale.

? January through March is the planting time for Irish potatoes in our area. Plant egg-sized cut seed pieces in rows, at a 3 to 4 inch depth and a one foot spacing. Each seed piece should have at least two "eyes."

? Anyone who established ryegrass should follow through with good maintenance in order to have a high quality lawn. Regular mowing is required, and a couple of light fertilizations will be needed during the winter.

? Two recent freezes have many gardeners concerned about ornamentals that are beginning to turn brown. Avoid any heavy pruning until winter's end. Pruning too quickly can result in the excessive removal of tissue and can (tigulitegro) Tj 90.75 0 TD 0.9014 Tc -0 84 Tw with

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could end a 30 year battle with mole crickets.

A worm-like parasite, known as the mole cricket nematode, will survive in the region's climate and kill mole crickets on a long-term basis.

The organism has been patented and exclusive rights have been obtained through UF's Office of Technology Licensing. MicroBio, a biotech firm owned by Becker Underwood, Inc. will begin marketing the organism under the Nematac S product name in late 2001. It will be available to both home gardeners and commercial grass producers. Golf courses are expected to be major users.

Wishing you successful gardening in 2001!

Dan Mullins
Horticultural Agent



RECIPES

MEXICAN CHICKEN

- 1 bag cheese Doritos (crushed)
- 1 can of Rotel tomatoes
- 1 can cream of celery soup
- 1 can cream of mushroom soup
- 4 lbs. of boneless chicken (cut up and boiled)
- 2 8 oz. bags of mixed cheeses (mozzarella & cheddar)
- 1 can of green chilies

Layer ingredients in order and bake for 10 minutes at 350°.

GINGERSNAPS

- 2½ c. all-purpose flour
- 1½ tsp. ground ginger
- 1 tsp. baking soda
- 1 tsp. ground allspice
- ½ tsp. salt
- 1½ c. sugar
- 2 Tbsp. margarine, softened
- ½ c. apple sauce
- ¼ c. molasses

1. Preheat oven to 375°F. Spray cookie sheet with nonstick cooking spray.

2. In medium bowl, sift together flour, ginger, baking soda, allspice and salt.

3. In large bowl, beat sugar and margarine with electric mixer at medium speed until blended. Whisk in apple sauce and molasses.

4. Add flour mixture to apple sauce mixture; stir until well blended.

5. Drop rounded tablespoonfuls of dough 1 inch apart onto prepared cookie sheet. Flatten each slightly with moistened fingertips.

6. Bake 12 to 15 minutes or until firm.
Cool completely on wire rack.

Makes 3 dozen cookies

SEAFOOD PRIMAVERA

6 oz. fettuccini, cooked
2 Tbsp. margarine
2 cloves garlic, minced
1 medium onion, chopped
2 Tbsp. flour
2 tsp. instant chicken bouillon
½ tsp. basil leaves
¼ tsp. nutmeg
? tsp. pepper
1 can (13 oz.) evaporated skimmed milk
1 can (6 oz.) crab meat
½ lb. cleaned, cooked shrimp
¼ c. Parmesan cheese
4 c. chopped fresh broccoli
1 c. sliced fresh mushrooms
1 Tbsp. water

Cook fettuccini as directed on package.
Drain, rinse, and set aside.

Combine margarine, garlic, and onion in 4-cup glass measure. MICROWAVE at 100% (high) for 2-3 minutes or until just about tender. Stir in flour, bouillon, basil, nutmeg, and pepper. Blend in milk. MICROWAVE at 100% (high) for 5-6 minutes or until mixture boils and thickens slightly, stirring once. Stir in seafood and Parmesan cheese. Set aside.

Combine broccoli, mushrooms, and water in 1½ quart microwave-safe casserole. Cover. MICROWAVE at 100% (high) for 4-5 minutes or until tender-crisp. Drain.

Place fettuccini on large microwave-safe serving plate. Top with vegetables and sauce. Toss lightly. MICROWAVE at 50%

(medium) for 3-4 minutes or until heated through.

Serves: 6

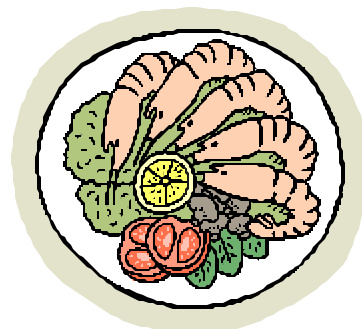
SHRIMP & CRAB BAKE

½ c. chopped green pepper
½ c. chopped onion
1 c. chopped celery
1 can (6 oz.) crab meat, drained
2 c. cleaned, cooked shrimp
1 tsp. Worcestershire sauce
1 c. mayonnaise
1 can (2 oz.) mushrooms, drained
4 Tbsp. margarine
1½ c. seasoned croutons

Combine green pepper, onion, and celery in casserole. Cover. MICROWAVE at 100% (high) for 1½ minutes. Add crab meat, shrimp, Worcestershire sauce, mayonnaise, and mushrooms. Cover with waxed paper. MICROWAVE at 70% (medium-high) for 7-9 minutes, stirring once.

In glass cup, MICROWAVE margarine at 70% (medium) for 1 minute, or until melted. Stir in croutons. Spoon on top of casserole. Do not cover. MICROWAVE at 70% (medium-high) for 1 minute.

Serves: 4-6



The use of trade names in this publication is solely for the purpose of providing specific information. It is not a guarantee, warranty, or endorsement of the product names and does not signify that they are approved to the exclusion of others.

Sincerely,

Linda K. Bowman, R.D., L.D.
Extension Agent IV
Family & Consumer Sciences
Santa Rosa County

LKB:etc